



# The Inside Scoop

Education & Ice Cream

## Progressive Podiatry

Tuesday, June 21, 6:00 p.m.

Have questions about foot care including heel pain, bunions, fungal nails and bone spurs? Julie Jurd-Sadler, D.P.M. from Progressive Podiatry will be giving the presentation.

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**The Inside Scoop: Education & Ice Cream**

3<sup>rd</sup> Tuesday evening of each month

**Urbana Senior Center**

**9020 Amelung Street, Frederick, MD 21704**

(located on the lower level of the Urbana Regional Library)

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

FREDERICK COUNTY  
Department  
of Aging